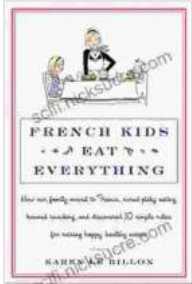


# How Our Family Moved To France Cured Picky Eating, Banned Snacking, And Made Us All Healthier



**French Kids Eat Everything: How Our Family Moved to France, Cured Picky Eating, Banned Snacking, and Discovered 10 Simple Rules for Raising Happy, Healthy Eaters** by Karen Le Billon

★ ★ ★ ★ ☆ 4.6 out of 5

Language : English  
File size : 2097 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 325 pages



When our family moved to France, we were determined to embrace the local culture. That meant saying goodbye to our old habits and embracing new ones. One of the biggest changes we made was to our eating habits.

In the United States, we were accustomed to eating a lot of processed foods, sugary drinks, and snacks. Our kids were picky eaters, and they refused to eat anything that wasn't their favorite foods. We were constantly nagging them to eat their vegetables, and we were always worried about their weight.

When we moved to France, we decided to make a change. We banned snacking, started eating more fruits and vegetables, and cut back on processed foods. The results were astounding.

Our kids became less picky eaters. They started to enjoy trying new foods, and they were more willing to eat their vegetables. We all lost weight, and our overall health improved.

We believe that our move to France was the best thing we could have done for our family's health. We are now eating healthier, we are all more active, and we are all happier.

## **The French Approach to Eating**

The French approach to eating is very different from the American approach. In France, food is seen as a pleasure to be savored, not something to be rushed through. The French take their time when they eat, and they enjoy every bite.

The French also eat a lot of fresh fruits and vegetables. They start their day with a breakfast of croissants and café au lait, and they typically have a salad or soup for lunch. Dinner is usually a three-course affair, consisting of an appetizer, a main course, and a dessert.

The French also drink a lot of wine with their meals. Wine is seen as a healthy part of the French diet, and it is believed to have many health benefits.

## **How Our Eating Habits Changed**

When we first moved to France, we were shocked by the French approach to eating. We were used to eating quickly and on the go. We also ate a lot of processed foods and sugary drinks.

We quickly realized that we needed to change our eating habits if we wanted to fit in with the French culture. We started by banning snacking. We also started eating more fruits and vegetables, and we cut back on processed foods and sugary drinks.

At first, it was difficult to make these changes. We were used to our old eating habits, and we missed our favorite snacks. But we persevered, and we eventually got used to the French way of eating.

### **The Benefits of Our New Eating Habits**

The benefits of our new eating habits were astounding. Our kids became less picky eaters. They started to enjoy trying new foods, and they were more willing to eat their vegetables. We all lost weight, and our overall health improved.

We believe that our move to France was the best thing we could have done for our family's health. We are now eating healthier, we are all more active, and we are all happier.

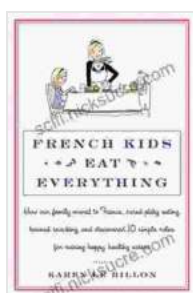
### **Tips for Changing Your Eating Habits**

If you are thinking about changing your eating habits, here are a few tips:

- Start by making small changes. Don't try to change everything all at once.

- Find a support system. Having friends or family members who are also trying to eat healthier can help you stay motivated.
- Don't be afraid to experiment. There are many different ways to eat healthy, so find what works best for you.
- Be patient. It takes time to change your eating habits, so don't get discouraged if you don't see results immediately.

Changing your eating habits can be a challenge, but it is definitely worth it. If you are willing to make the effort, you will be rewarded with a healthier and happier life.



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